

Au Nee Recipe

(Teochew Sweet Yam Paste Recipe)

Ingredients:

115 g shelled ginkgo nuts
227 g sugar
225 g pumpkin cubes, approximate 2 cm
905 g yam slices (5 cm sq. x 1 cm)
12 tablespoons castor sugar
6 tablespoons lard
3 shallots, peeled and sliced thinly

Method:

Wash ginkgo nuts. Boil with half of sugar in 2 tablespoons water over low heat for 45 minutes until sugar is absorbed into the nuts. Add water a little at a time while cooking. Cool and cut ginkgo nuts into half, removing center fiber if any. Cook pumpkin cubes in remaining sugar and 2 tablespoons water over low heat in a heavy-bottomed saucepan. Cook until sugar is absorbed. Add a little water at a time while cooking to prevent sugar from burning. Set ginkgo nuts and pumpkins aside. Steam yam pieces over rapidly boiling water until very soft. Use a food processor to blend half of the yam, 2 tablespoons lard and half of the sugar until paste is smooth. Remove to a bowl and repeat with remaining yam, lard and remaining sugar. Heat another 2 tablespoons lard in a wok to fry the sliced shallots until very lightly browned. Put in yam paste and stir-fry over low heat for ½ minute. Remove to a shallow serving bowl. Place cooked pumpkin cubes around sides of the bowl and ginkgo nuts over the yam. Serve hot.

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